

26 April 2004

Greetings!

First of all, thank you to everyone who is following my requested format (name:topic) when sending e-mails. It is really helping me to sort and keep track of your messages.

Now I need to clarify our policy regarding the ANNUAL CERTIFICATE OF PHYSICAL CONDITION.

In the past, if you answered NO to everything, we have accepted the form faxed to us without requiring you to see a military provider. We have realized that doing this defeats the whole purpose of the form and we must enforce the rules and do it the way it is supposed to be done. Every drilling reservist in the US Navy completes the same form, and most reserve centers require it to be done during the member's birth month. So, from now on we also require you to get this done at a reserve center in your area. I suggest calling in advance to find out the days of the week they are open before driving there. Reserve centers are open at least one Saturday and Sunday each month. If you answer NO to all of the questions, the Hospital Corpsman can sign the form and give it back to you. However, if you answer YES to any of them, you will have to see the MILITARY physician there (not a civilian physician). [Bring a copy of your commissioning physical with you in case they need to see it.](#) Get the HIV test done at the same time, and it will not cost you anything. This process will ensure that you are meeting all Navy body fat standards and are fit for full duty prior to starting any type of AT.

Have a wonderful week!

Registrar